

## Yes, you can stop smoking with the help of hypnosis.

Hypnosis is the original mind body medicine dating back to before 5000BC. It was Aristotle who said "Before you heal the body and its symptoms, you must first heal the mind".

Modern Scientific Clinical hypnosis is extremely effective in changing habit patterns and this is underpinned by the documented research and acceptance by the major medical associations and religions of the world. Clinical Hypnosis is widely used in education, psychology, medicine, dentistry, counselling, sports, etc.

### How does Clinical Hypnosis work?

Hypnosis is a state of relaxation and concentration at one with a state of heightened awareness induced by suggestion. It's a non-addictive power for good and it's a natural manifestation of the mind at work.

### Hypnosis works, but will Hypnosis enable me to stop smoking? Yes!

Hypnosis works and it will work for you to help you stop smoking. In essence, hypnosis is a means of Communication between the conscious mind and the sub-conscious mind. Smoking habits and symptoms are controlled by the Sub-conscious mind. Through the use of hypnosis we can access the sub-conscious mind and remove the unwanted habits.

### During a Clinical session, how will I know I am hypnotised?

There is no such thing as a hypnotised feeling and most clients on completion would say "they felt deeply relaxed and aware". Others may feel a lightness or tingling feeling, others feel a heaviness while others report they didn't feel anything. However one positive side effect that people notice is the positive change in their behaviour.

### Is Hypnosis safe and is there any cause for concern?

Clinical Hypnosis is completely safe. Conscious hypnosis is not sleep, therefore you are aware and can respond to the positive suggestions administered during the session.

A person who does not want to be hypnotised, cannot be hypnotised or be induced to do or say anything which violates personal standards of behaviour or integrity. Yes, hypnosis is safe and hypnosis is a proven ethical therapeutic clinical procedure.

### How does Hypnosis help me stop smoking?

Smoking habits are acquired over a long period of time and are activated by the subconscious mind, therefore they can only be deactivated by the subconscious mind and hypnosis works by giving access and the ability to communicate directly with the source of your addiction. It is the only logical method of dealing with smoking and it usually only takes one session for you to stop smoking.



### DANIEL MADDEN

DANIEL MADDEN HAS FIVE YEARS EXPERIENCE WORKING VOLUNTARILY OFFERING EMOTIONAL SUPPORT TO PEOPLE USING RAPPORT BUILDING ACTIVE LISTENING TECHNIQUES. HE RECEIVED HIS ASSOCIATE DEGREE IN CLINICAL HYPNOTHERAPY FROM THE ICHP, WHICH IS A ORGANIZATION WHICH PROMOTES THE ETHICAL USE OF HYPNOSIS TO HELP PEOPLE FIND AND USE THEIR OWN INTERNAL RESOURCES FOR POSITIVE AND PERMANENT CHANGE. HE IS ALSO QUALIFIED TO PRACTICE THE EMOTIONAL FREEDOM TECHNIQUE (EFT), EMDR (EYE MOVEMENT DESENSITISATION AND REPROCESSING), AS WELL AS NLP (NEURO LINGUISTIC PROGRAMMING). HE IS A MEMBER IN GOOD STANDING WITH THE ICHP, AND ESTABLISHED EXPERIENCE THE WORLD DIFFERENT IN MARCH 2010.

Hypnosis works for good and it lasts

Hypnosis works and most people stop smoking in one session

Visualise yourself smoke-free

Hypnosis: make it a lot easier to quit the smoking habit now!

Take action now, just telephone  
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email

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Minors under 18 must be accompanied by an adult

Experience The  
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### Why do people continue to smoke?

People know that smoking is bad for them and if hypnosis works so well, then why do people continue to gamble with their health, knowing they could add years to their lives if they quit now before its too late?

The simple answer is a big "fear". Let me give you some examples:

- The fear of not being able to relax and losing control without a cigarette.
- The fear of being irritable, angry, moody and generally too stressed.
- The fear of being haunted by unwanted cravings.
- The fear of putting on weight.
- The fear of losing pleasure, companionship, security and rituals.
- The fear that you need cigarettes to live and cope with life's daily pressures and challenges.
- The fear that you may have to go through pain and discomfort.

You have nothing to fear except fear itself. Be honest with yourself. Look at your fears of becoming smoke free and you will probably realise that the only fear between you and being smoke-free is your fear of going through the pain of not smoking.

### Hypnosis Makes it Easier to Quit the Smoking Habit

- Hypnosis helps take away the cravings we fear.
- Hypnosis removes the feelings of wanting a cigarette.
- Hypnosis helps ease that feeling of needing a cigarette.
- Yes, what the subconscious mind can conceive and visualise in hypnosis, you can achieve.
- Yes, because with hypnosis, that feeling of being deprived of a cigarette fades very quickly.
- Usually after one session of hypnosis, most people will feel more confident and determined that they can and will achieve their goal.
- Yes, that they have simply stopped smoking and with hypnosis it was all very easy.

If any member of the general public has a genuine cause for concern, the client at all times has the right of recourse to the Institute of Clinical Hypnotherapy & Psychotherapy Complaints, Disciplinary and Ethical Committee at ICHP Headquarters, Therapy House, 6 Tuckey Street, Cork City.

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### Hypnosis Works for Good

ICHP Smoking Cessation works because it removes the desire and need to smoke. Therefore, you won't need nicotine gum, nicotine patches or stop smoking pills. There is no need for needles, inhalers or plastic cigarettes. All you have to do for hypnosis to work for you is to relax comfortably with your eyes closed - could anything be easier.

With our professional system the majority of clients remain smoke free.

### Free Back-up Support and Reinforcement

During your hypnotic session we will administer powerful hypnotic suggestions to activate your sub-conscious mind to respond and cooperate with reinforcement of the clinical session. This pre-recorded stop-smoking session will reinforce the programme. Once you have achieved success in our Stop-Smoking Programme it is essential to reinforce the programme that led to the cessation of the habit.

### Free Follow Up Session

A free one hour follow up session is offered at a date and time agreed with you, for you to use any way you wish.

### Reinforcing your Stop Smoking

Remaining Smoke Free is a skill that you will learn in the clinic and, like any skill, needs to be practiced to gain mastery.



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### Most People Become Smoke Free in Just One Session

Hypnosis works for good, and most people are smoke free after just one session of hypnosis.

### Who are the I.C.H.P

Since the approval of Clinical Hypnosis in the 1950's by the American Medical Association, hundreds of ethical associations have been training their members in hypnosis. Millions of people have found hypnosis to be an effective way to stop smoking, lose weight and to change their lives.

The Institute of Clinical Hypnotherapy and Psychotherapy was established in 1979. Over the past few decades it has dedicated itself to the research and development of Hypnotherapy. All our members are examination qualified and have obtained Diploma's and Advanced Diploma's in Clinical Hypnotherapy and Psychotherapy. So, you can be assured you are getting the best that Hypnosis has to offer.

### Our Approach

We in the ICHP have combined the very best of traditional hypnosis and Neuro-Linguistic Programming (N.L.P) which gives our stop-smoking programme an extremely high level of effectiveness.

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